

VALKYRIE RACE RULEBOOK 2025

1. CONCEPT

The **Valkyrie Race** is an indoor mass participation fitness competition designed to test endurance, strength, and mental resilience through structured challenges. The race consists of a **total running distance of 4.8 km**, combined with **five endurance and strength zones**. Participants must complete all zones before proceeding to the final run to officially finish the race.

Each competitor must complete:

- **5 Zones** each consisting of an 800m run, endurance station, and strength station.
- **A final 800m run to complete the race.**

Participants **may complete the zones in any order**, but all must be finished before the final segment.

2. CONDITIONS OF PARTICIPATION

- Open to participants **aged 16 and above**.
- Registration must be completed before race day.
- Proper **athletic attire** is mandatory (running shoes required).
- **External assistance is strictly prohibited.**

3. RACE FORMAT OVERVIEW

Total Distance: 4.8 km + Strength & Endurance Challenges.

Five Zones: Each includes an 800m run, an endurance challenge, and a strength challenge.

Final 800m run to conclude the race.

Upon completing **each zone**, competitors will receive a **wristband** to track their progress.

4. THE COMPETITION

The Valkyrie Race requires participants to complete a structured sequence of **running and workout stations**. Each phase includes an 800m run, followed by a physical challenge. To earn a valid finish time, participants must complete all five zones before proceeding to the final run.

4.1 Workout Station Rules and Regulations

- Each workout must be completed in full and in compliance with movement standards.
- Participants must start and finish at the designated points for each exercise.
- All required repetitions and distances must be completed accurately.
- The correct weight must be used for all strength-based exercises.

- Judges and referees will monitor compliance, and failure to meet standards may result in penalties.

4.2 Running

Each running segment consists of **800m**, contributing to a **total race distance of 4.8 km**. If minor distance discrepancies arise due to venue layout, adjustments will be accounted for in the final lap.

Participants must remain in their appropriate lane to ensure a smooth race flow and avoid congestion.

4.3 Referees and Head Judges

- Each workout station will have an **assigned referee** to oversee performance and verify completion of exercises.
- A **head judge** will supervise compliance with movement standards and enforce penalties when necessary.
- The **Race Director** has the ultimate authority on any disputes or rule interpretations.
- **All rulings made by referees, head judges, and the Race Director are final.**

5. RULES AND REGULATIONS

- Failure to complete a station will result in a **10-minute penalty**.
- Exercises must be executed according to proper form and standards.
- Decisions made by referees and head judges are final.
- Respectful behaviour is required at all times; unsportsmanlike conduct may lead to disqualification.

6. MOVEMENT STANDARDS, DISTANCES, AND WEIGHTS

To maintain fairness and consistency, all exercises must be performed according to the prescribed movement standards. Any deviation from these standards that results in an unfair advantage, improper execution, or failure to meet the required repetitions will lead to penalties.

6.1 General Rules

- All exercises must be completed **in full range of motion** as outlined in the official movement standards.
- Partial repetitions or incorrect technique will not be counted (**No Rep**).
- Participants must **complete the required repetitions or distances** before moving to the next station.

- Failure to meet the movement standard consistently may result in additional penalties or disqualification.

6.2 Equipment Allocation

- Each participant will be assigned a designated lane or equipment station.
- Moving outside of the designated area or interfering with another participant's station will result in a penalty.
- The Head Judge and station referees will enforce proper use of equipment and determine rule violations.

6.3 Penalties

- **No Rep Penalty:** If a participant fails to meet the movement standard, they must repeat the rep correctly before continuing.
- **Time Penalty:** If improper form is repeated multiple times or movement is intentionally altered for advantage, an additional **time penalty** will be added.
- **Distance Penalty:** In cases where running laps or endurance stations are not fully completed, an equivalent **distance/time adjustment** will be applied.

The Head Judge's decisions are final in all cases regarding movement execution, penalties, and lane assignments.

7. Zone Details

Zone 1

Endurance Station: Air Bike (burn 40 kcal)

Participants must be seated on the air bike with both feet securely on the pedals and hands gripping the handlebars before beginning. The workout starts once the participant begins pedalling.

Participants must pedal continuously on the air bike until the display registers **40 kcal burned**, adhering to the following standards:

- **Full Effort Required:** The participant must actively engage both the arms and legs to generate power.
- **Resistance Adjustment:** Participants may adjust the resistance as needed to suit their individual capability.
- **Continuous Effort:** The workout must be completed in one session—stopping for extended periods is not allowed.

The station is completed once the air bike displays **40 kcal burned**. The referee will verify the completion before the participant is allowed to proceed to the next segment.

Doubles:

- **Partners may switch at any time**, but the transition must be executed quickly to avoid unnecessary delays.
- The new participant must **resume from the exact kcal count left by their partner**.

Penalty:

- **Failure to reach 40 kcal before stopping** will require the participant to continue pedalling until the target is met.
- Any **attempt to manipulate the bike** or stop mid-effort without completing the full kcal requirement may result in a **time penalty imposed by the Head Judge**.

Strength Station: Balancing Beam Station (10m, carrying 15kg weight plate)

Participants must pick up a **15kg weight plate** before stepping onto the beam.

Participants must carry the **15kg weight plate** while walking across the **10m zig-zag beam**, which consists of four **2.5m sections**. Participants may carry the weight in any manner they deem fit.

Successfully crossing the entire 10m beam without falling off completes the station. Participants must return the weight plate to the rack before proceeding to their next run.

Penalty

- **Falling Off the Beam:** A **10-minute penalty** will be applied. Participants are not allowed to do a second attempt.
- **Doubles:** Each participant gets **only one attempt** to cross. If a switch is needed, they must start at the beginning of the section where they swap. If a switch occurs mid-section, the new participant must restart that section. If both participants fail, a **10-minute penalty** is applied.
- **Failure to Return the Weight Plate to the Rack:** A **2-minute penalty** will be added.

Zone 2

Endurance Station: Rowing Machine 500m

Prior to beginning, the rowing machine monitor must be reset by a referee. Participants must have their feet secured in the foot holders before taking hold of the rower handle. Feet must remain in the holders throughout the exercise.

The participant must row a total distance of **500m** while maintaining proper technique. The entire movement must be executed with full control, engaging the legs, core, and arms to generate power efficiently.

Upon reaching **500m**, the participant must raise their arm to signal the referee. The referee will verify completion before the participant is allowed to exit the platform and proceed to their next segment.

Penalty:

Failure to adhere to movement standards, remove feet prematurely, or incomplete distance will result in a **time penalty** issued by the Head Judge. The time penalty is determined based on the severity of the infraction.

Strength Station: Ball Toss (2.30m, 8kg, 30 reps)

Participants begin inside their designated **competition cage** with an **8kg ball** in hand. The workout starts once the first toss is attempted.

Participants must toss the **8kg ball** over a **2.30m height marker**, ensuring the following movement standards are met:

- **Full Clearance:** The ball must **fully clear the height marker**—if it does not cross, it will hit the **board placed just below the bar** and bounce back, resulting in a **no-rep**.
- **Proper Throwing Motion:** The ball must be thrown **across the marker**.
- **Positioning:** Participants must **remain inside their competition cage** for the duration of the exercise.

The station is completed once the participant has successfully completed **30 valid tosses**, ensuring that each repetition meets the required movement standards.

Doubles

- **Partners may switch**, but only **after a completed toss**.
- The new participant must wait for the previous partner to complete a valid rep before taking over.

Penalty

- **Failure to clear the height marker** (i.e., hitting the board) will result in a **no-rep**, requiring the participant to redo the attempt.
- **Stepping outside the designated competition cage** during the toss will result in a **1-minute time penalty**.

Any **violations of movement standards** or improper execution may result in a **5-minute time penalty** imposed by the Head Judge.

Zone 3

Endurance Station: Stationary Bike 1000m

Participants must mount the stationary bike with both feet properly positioned on the pedals before beginning. The bike's display **must be visible and operational** to ensure accurate distance tracking and fair competition.

Participants must cycle on the stationary bike until the display registers **1000m**. The movement must be continuous, and stopping for extended periods may result in penalties. **Resistance settings cannot be adjusted** at any point during the workout.

The distance counter must clearly display **1000m** before the participant is allowed to dismount. The referee will verify the completion before the participant can proceed to the next segment.

Doubles: Partners are allowed to switch mid-workout, but they must continue pedalling from where the previous partner left off. Switching must be executed efficiently to avoid unnecessary time loss. Both partners must ensure the bike remains operational during the transition.

Penalty: If the participant fails to reach the **1000m** mark or attempts to adjust the resistance settings, a **time penalty** will be imposed by the Head Judge.

Strength Station: Dumbbell Lunges (60m, 10kg x 2)

The participant must begin by lifting both **dumbbells** from the designated marked area near the start line. The movement officially begins once the participant has both dumbbells securely in hand with arms fully extended by their sides.

Participants must carry the **dumbbells** while keeping their arms fully extended at their sides throughout the movement. The weights must be carried continuously until the participant crosses the designated finish line.

Participants are allowed to place the dumbbells on the ground to rest, but they **must not move forward** while doing so.

The dumbbells must remain in a controlled position at the participant's sides without swinging or excessive leaning.

The exercise is completed once the participant **carries the dumbbells across the finish line** and returns them to the **designated box**. If the dumbbells are not properly placed, the participant will receive a **2-minute time penalty**.

Double Partners are allowed to **switch and take over at any time**, ensuring a seamless transition. The new partner must begin from the exact point where the previous partner stopped.

Penalty

- If a participant **fails to maintain proper form or moves forward while resting**, a **time penalty of 5 minutes** will be applied.
- Failure to return the dumbbells to the designated box correctly will result in a **2-minute time penalty**.
- **Doubles:** A **5-minute time penalty** will be applied if a foul is noted, such as **failure to maintain form, skipping reps, or failing to touch the knee to the ground**.
- Additional penalties may be imposed by the **Head Judge** depending on the severity of the infraction.

Zone 4

Endurance Station: Ski Machine 500m

Prior to beginning, the **ski machine monitor must be reset by a referee** to ensure accurate distance tracking. Participants must stand on the **designated Ski Machine platform** before initiating the movement.

Participants must complete **500m** on the ski machine while maintaining control of their movement.

- **Foot Placement:** Participants must remain on the **Ski Machine platform at all times**. Lifting the heels or repositioning the feet during execution is allowed, but stepping off the platform is not permitted.
- **Resistance Adjustment:** Participants may **adjust the resistance setting** to suit their individual capability.
- **Continuous Movement:** Participants must maintain steady effort until the **500m distance is reached**.

Upon completing **500m**, the participant must **raise their arm to signal a referee** for verification. **Only after receiving confirmation** may the participant leave the platform and proceed to the next station.

Doubles

- **Partners are allowed to switch** at any point during the ski, but the transition must be executed efficiently to avoid unnecessary time loss.
- The new participant must begin **from the exact point where the previous partner left off**.

Penalty

- **Stepping off the Ski Machine platform before completion** will result in a time penalty.
- **Failure to reach the 500m distance before stopping** will require the participant to complete the remaining meters before continuing.

Any **violations of the movement standards** may result in a time penalty issued by the **Head Judge**, based on the severity of the infraction.

Strength Station: Dead Ball Carry (160m, 25kg x 4)

Participants begin at **Point A**, where four **25kg dead ball** are placed in a **designated area**. The movement starts once the participant picks up the first dead ball.

Participants must transport **four dead balls** across a **total of 40m individually**, adhering to the following movement sequence:

1. **Pick up one dead ball at Point A.**
2. **Carry it across 20m to Point B and drop it in the designated area.**
3. **Return to Point A without a dead ball and pick up the next one.**
4. **Repeat until all four dead balls have been moved to Point B.**

5. **The last dead ball must also be dropped in the designated area.**
6. **Once all four dead balls are at Point B, repeat the process in reverse, carrying each dead ball **one at a time** back to Point A.**

The station is completed when all **four dead balls have been carried from Point A to Point B and back to Point A**, ensuring each dead ball has travelled the full **40m distance**.

Doubles

- **Partners may divide the task, but once a participant picks up a dead ball, they **must complete the full crossing before the next partner takes over**.**
- **Swapping dead balls mid-crossing is not allowed**—partners must complete their full 20m carry before exchanging at either Point A or Point B.

Penalty

- **Dropping a dead ball before reaching Point B or Point A** will result in a **5-minute time penalty**.
- **Failure to place the dead ball inside the designated area** at either Point A or Point B will result in a **no rep**, requiring the participant to reposition it correctly.

Zone 5

Endurance Station: Burpees Lateral Jump (30 reps)

Participants begin in a **standing position** next to the designated marker. The movement starts when the participant **drops into the first burpee**.

Participants must complete **30 burpees**, each followed by a **lateral jump over the designated marker**. A valid repetition must meet the following movement standards:

- The participant must lower their chest to the ground, ensuring **full chest contact** before pushing back up to a standing position.
- After completing the burpee, the participant must **jump laterally over the marker with both feet leaving the ground simultaneously**.
- Participants **cannot step over the marker**—the jump must be executed with **both feet leaving and landing together**.
- Each full rep consists of **one burpee + one lateral jump**.

The station is completed once the participant has performed **30 full reps**, ensuring that each repetition meets the required movement standards.

Doubles

- **Partners may switch, but only after the lateral jump is completed.**
- The new participant must begin their rep **by immediately starting the burpee** after their partner lands from the jump.
- Both partners must follow the **same movement standards** and **each rep still consists of a full burpee followed by a lateral jump**.

Penalty

- If a participant **fails to complete the burpee correctly, does not make full chest contact with the ground, or does not fully clear the marker with both feet**, the rep will be **invalid** (norep).

Each norep must be **redone immediately** before continuing, meaning improper reps will slow overall progress.

Strength Station: Torque Tank Push Station (50m, 100kg)

Participants begin behind the **100kg torque tank**, ensuring both hands are placed firmly on the handles before initiating the push. The movement starts when the tank is propelled forward.

Participants must push the **100kg torque tank** over a total distance of **12.5m, repeated 4 times**, ensuring the following standards are met:

- **Full Distance:** The torque tank **must fully cross the designated line** at each 12.5m mark for the distance to be counted.
- **Controlled Movement:** Participants must maintain full control of the tank throughout the push—excessive swerving or stopping before the designated mark may result in a norep.
- **Body Position:** The participant must **remain behind the tank** at all times, ensuring proper pushing mechanics are used.

The station is completed once the **torque tank has been pushed for a total of 50m (12.5m x 4 repetitions)**, ensuring each segment is completed in full.

Doubles

- **Partners may switch at any point** during the push, but transitions must be executed smoothly to maintain momentum.
- The new participant must take over **from the exact point where the previous partner stopped**.

Penalty

- **Failure to push the tank the full 12.5m before stopping** will require the participant to reset and complete the missing distance.
- **If the torque tank does not fully cross the line**, the rep will not be counted, and the participant must push it further until it clears.

Any **infractions or improper execution** may result in a **time penalty** imposed by the Head Judge, depending on the severity of the violation.

Final Segment

After completing all **five workout zones**, participants must begin their **final 800m run** to conclude the race.

Participants must complete the **full 800m distance** before heading toward the designated **finish stage**.

The race officially ends **once the participant crosses the finish line on the stage**.

Doubles

- **Both partners must complete the final 800m together** and cross the finish line simultaneously.

Penalty

- **Failure to complete the full 800m distance** will result in a **time penalty** imposed by the Head Judge.
- **Skipping the finish stage or failing to cross the official finish line** will result in a **time penalty** and may lead to disqualification if not corrected

8. Rules and Regulations

- Participants must complete each station **before progressing to the next**.
- Participants who are **unable to complete any station** will receive a **DNF (Did Not Finish)** status.
- All **decisions made by referees** regarding technique, movement standards, and penalties **are final**.
- Participants must wear **running shoes, breathable clothing, and gloves for torque tank tasks** to ensure safety and proper grip.
- Participants must **maintain respect and sportsmanship** towards referees, fellow competitors, and event staff.
- Skipping any station will result in a **10-minute penalty** added to the final timing.
- Severe violations may result in **disqualification** at the discretion of race officials.
- Proper hydration is encouraged, but participants **must not litter** on the racecourse—violators may face penalties.

9. Safety and First Aid

Safety is our priority. Here are some guidelines:

- Warm up thoroughly before the race.
- Follow the instructions of marshals at each station.
- If you experience dizziness, pain, or fatigue, notify the nearest marshal immediately.
- Medical assistance stations are located near the photo booth and there are medics throughout the course.

10. Judging and Scoring

Scoring is based on the completion time of the entire race. Time penalties will be applied for:

- Incomplete tasks.
- Improper technique.
- Unsportsmanlike conduct.

Referees will be stationed at every zone to ensure fairness. They have the authority to disqualify participants violating the rules.

11. Event Logistics

- Participants must arrive 60 minutes before their wave starts for check-in.
- Waves will begin every 5 minutes. Your wave time is indicated on your registration confirmation.
- The map for the racecourse is provided at the venue and online.
- Secure storage will be available for personal belongings.

12. FAQs

1. What happens if I can't complete a station?

You may proceed but will receive a time penalty.

2. Can I bring my own hydration?

Yes, but hydration stations are available on the course.

3. What should I wear?

Comfortable athletic wear and running shoes are recommended. Gloves are suggested for strength stations.

4. Is there a time limit?

No.

13. Contact Information

For inquiries, please contact the Valkyrie Race team:

Email: contact@valkyrierace.com